

Fanshawe College

## FIRST: Fanshawe Innovation, Research, Scholarship, Teaching

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Documentation (Approvals etc...)

Fitness and Health Promotion

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2016

### FHP1 Curriculum Modification for 2016-17 2017-18

Fanshawe College

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# CURRICULUM MODIFICATION REQUEST FORM

## COURSE OR PROGRAM CURRICULUM "RATIONALE FOR CHANGE"

### Program Requiring Changes

Program Title: Fitness Health & Promotion		
Program Number: FHP1	Date Submitted: 11/25/2016	
Dean responsible for program: Pam McLaughlin	Chair: Christine Griffith	
Credential Provided: <input type="checkbox"/> Declaration of Academic Achievement <input type="checkbox"/> Local Certificate <input checked="" type="checkbox"/> Ontario College Certificate <input type="checkbox"/> Diploma <input type="checkbox"/> Advanced Diploma <input type="checkbox"/> Grad Certificate <input type="checkbox"/> Degree <input type="checkbox"/> Apprenticeship		
Program Intakes: <input checked="" type="checkbox"/> F <input type="checkbox"/> W <input type="checkbox"/> S   Other:	Catalogue Year(s) Impacted: 2017/18 & 2016/17	
Residency Requirement: <input checked="" type="checkbox"/> Met or <input type="checkbox"/> Not Met	Date of Last Program Review: Click here to enter a date.	
<i>I have read the reasons for the change and...</i>		<i>Signature and date</i>
Dean of Faculty (responsible for program):	<input checked="" type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	P. McLaughlin
Dean of Faculty (impacted by change):	<input checked="" type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	Helen Kane
Dean of Faculty (impacted by change):	<input type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	
Associate Vice President Academic (required for major changes and late DAs):	<input type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	
Director, Centre for Academic Excellence:	<input checked="" type="checkbox"/> Supports <input type="checkbox"/> Does Not Support	Julie Geddes Jan 13/17
Office of the Registrar:	<input checked="" type="checkbox"/> Supports <input type="checkbox"/> Does Not Support	Attwood Dec. 9/16

Rec'd Jan 12/17

DA - remove PHRE 3038? level 4? Yes. - TG.  
 17/18 DA included.  
 16/17 - not included

16/17  
 -only level 3 & 4  
 17/18 all.

students response TG Jan 23/17

*Please answer each of the questions below, if applicable. Missing or incomplete information may delay review of the proposed changes.*

**1.0 Describe proposed change(s). Complete Appendix A (if necessary) and amend SDAR (Refer to Appendix C).**

The FHP program is implementing a number of changes as outlined in Appendix A. Many of the title changes are to address attracting students to this program and increase Pathways. In addition lab hours have been included with many courses in order that students have a hands-on as well as practical approach with courses in the specified curriculum.

**2.0 Reason/Rationale for Changes**

**2.1 The reason for the change is based on:**

- ☐ A recent program review
- ☐ College Advisory Committee feedback
- ☐ Program Advisory Committee feedback
- ☒ Student feedback
- ☐ KPI results
- ☐ Accreditation or other regulatory requirements
- ☒ Shared curriculum
- ☒ Trends in the field/industry
- ☐ Other (please describe):

**2.2 Does the change support the College's Strategic Framework (mission, vision, values)?**

- ☒ Yes
- ☐ No (If no, please explain)

**2.3 What strategic goal(s) does the proposed change support?**

- ☒ Goal 1 - Enrolment growth
- ☐ Goal 2 - Flexible delivery options
- ☒ Goal 3 - Premier student experience
- ☐ Goal 4 - Sustainable College life

**3.0 Students**

**3.1 Will the change affect the cost of the program for students?**

- ☐ Yes
- ☒ No

3.2 If yes, there will be an additional cost for:

- ☐ Materials (Include details):
- ☐ Equipment (Include details):
- ☐ Other (Please describe):

#### 4.0 Program Learning Outcomes

4.1 Will the proposed change meet the Program Vocational Learning Outcomes? (Complete Appendix B)

- ☒ Yes
- ☐ No

4.2 Are there any implications related to progression because of pre-requisite courses (and/or co-requisite courses)?

- ☒ No
- ☐ Yes (If yes, please explain)

#### 5.0 Relationships with Other Programs

5.1 Are any of the courses impacted by the change provided by another School (e.g., SLLS, LKSB) and/or delivered at another campus?

- ☐ No
- ☒ Yes

5.2 What Schools/Campuses will be impacted by the proposed change?

- ☐ School of Information Technology
- ☐ Lawrence Kinlin School of Business
- ☐ School of Tourism and Hospitality
- ☒ School of Health Sciences
- ☐ School of Human Services
- ☐ School of Nursing
- ☐ School of Public Safety
- ☐ School of Contemporary Media
- ☐ School of Design
- ☒ School of Language and Liberal Studies
- ☐ School of Aviation Technology
- ☐ School of Applied Sciences and Technology
- ☐ Donald J. Smith School of Building Technology
- ☐ School of Transportation Technology
- ☐ Continuing Education
- ☐ Simcoe/Norfolk Regional Campus
- ☐ Woodstock/Oxford Regional Campus
- ☐ St Thomas/Elgin Regional Campus



- 5.3 Will the change affect pathway agreements (e.g., bridging, articulations, laddering, advanced standing) with other Fanshawe program(s) and/or other institution(s)?  
(Refer to the pathway agreements listed here: <http://transferagreements.fanshawec.ca/>)

☒ No

☐ Yes (If yes, indicate when you will notify the other Fanshawe program(s) and/or other institution(s) of the change)

- 5.4 If this program is a Co-Operative Education program, will the proposed change impact Co-op?

☒ No

☐ Yes (If yes, consult with the Co-op office prior to submission)

## 6.0 Resource Implications of Proposed Changes

- 6.1 Will the proposed change have staffing implications?

☒ No

☐ Yes (If yes, please explain)

- 6.2 Will the proposed change impact any of the Enabling areas?

☒ No

☐ Yes (If yes, please explain)

- 6.3 Will the proposed change affect space and/or technology requirements?

☒ No

☐ Yes (If yes, please explain)

## 7.0 General College Requirements

- 7.1 Are changes consistent with Colleges policies/practices?

☒ Yes

☐ No (If no, please explain)

- 7.2 Indicate:

- i) Total program hours before proposed change: 1,487  
ii) Total program hours after proposed change: 1,425  
iii) Level(s) in which the proposed change(s) occurs: ALL LEVELS

- 62

7.2.1 Are the total program hours consistent with the requirements as listed below?

- ☒ Yes  
☐ No (If no, please explain)

<b>Local Certificate</b> - 300 hours	<b>Ontario College Certificate</b> - 600 hours
<b>Diploma</b> - 1200 to 1400 hours	<b>Advanced Diploma</b> - 1800 to 2000 hours
<b>Graduate Certificate</b> - 600 hours	

7.3 Will the program meet the General Education requirements (Policy 2-B-02) as listed below?

- ☐ No  
☒ Yes

<b>Local Certificate, Ontario College Certificate and Graduate Certificate</b> - none required)	<b>Diploma</b> - 3 required (minimum of 1 must be an elective)	<b>Advanced Diploma</b> - 4 required (minimum of 2 must be electives)
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7.4 Will the program have 25% distinct curriculum to meet the Residency Requirement of 25% credit units? Consider all pathway agreements (e.g., bridging, internal articulations, laddering, advanced standing) with other Fanshawe programs and/or other institutions.

- ☐ No  
☒ Yes

**Note:** In accordance with POLICY NUMBER: 2-B-17 Graduation from Approved College Programs

...to be eligible for any College Credential a student must be enrolled and complete at least 25% of that program's credit units at Fanshawe College, unless stipulated differently by other approving bodies such as the Postsecondary Education Quality Assessment Board (PEQAB).

# APPENDIX A: PROPOSED DEGREE AUDIT

## CHANGES

FHP1

Course Code	Existing DA Courses	Total Hours	Total Credits	Describe proposed changes	Course Code	Proposed DA Courses	Total Hours	Total Credits
<b>Level 1</b>								
WRIT-1048	Reason & Writing 1 for Health Sciences	45	3		WRIT 1048	Reason & Writing 1 for Health Sciences	45	3
HOTL-1003	Customer Service	30	2		HOTL-1003	Customer Service	30	2
ANAT-1008	Anatomy & Physiology - an Introduction	45	3	NEW COURSE CODE	ANAT 1035	Anatomy	75	4
PHRE-1028	Professional Presentations & Data Mgmt	45	3	Course changed moved to level 4				
NUTR-1016	Essentials in Human Nutrition	45	3		NUTR 1016	Essentials in Human Nutrition (Gen Ed)	45	3
PHRE-1032	Principles of Fitness	60	3.5	NEW COURSE CODE	PHRE 1041	Principles of Fitness	70	3.9
PHRE-1031	Administration of Physical Recreation	45	2.5		PHRE 1031	Administration of Physical Recreation	45	2.5
PHRE-1029	Careers in Fitness & Health Promotion	30	2	COURSE DELETED				
				NEW COURSE	EDUC 1097	Student Success	15	1
				NEW OFFERING	GEN ED	take 1 Gen Ed elective	45	3
<b>TOTAL</b>		<b>345</b>	<b>22</b>		<b>TOTAL</b>		<b>370</b>	<b>22.4</b>

+ 30

- 45

+ 10

- 30 - 35

+ 15 - 20

+ 45 + 25

✓

Course Code	Existing DA Courses	Total Hours	Total Credits	Describe proposed changes	Course Code	Proposed DA Courses	Total Hours	Total Credits
Level 2								
COMM 3067	Professional Communications	45	3		COMM 3067	Professional Communications	45	3
GEN ED	take 1 Gen Ed elective	45	3		GEN ED	take 1 Gen Ed elective	45	3
ANAT 1014	Mechanics of Exercise	45	3		ANAT 1014	Mechanics of Exercise	45	3
BSCI-1084	Human Relations & Self-Development	45	3	NEW COURSE CODE	EDUC 1098	Leadership in the Workplace	45	3
PHRE-3026	Resistance Training	60	3.5	NEW COURSE CODE	PHRE 3040	Resistance Training	60	3
PHRE-1009	Principles of Wellness	60	4		PHRE-1009	Principles of Wellness	60	4
PHRE-1033	Fitness Evaluation	75	4		PHRE-1033	Fitness Evaluation	75	4
TOTAL		375	23.5		TOTAL		375	23



Course Code	Existing DA Courses	Total Hours	Total Credits	Describe proposed changes	Course Code	Proposed DA Courses	Total Hours	Total Credits
Level 3								
PHRE 3001	Physiology of Exercise	45	3		PHRE 3001	Physiology of Exercise	45	3
PHRE 3034	Programming for Diverse Populations	60	4	DELETE COURSE				
PHRE 3008	Health Promotion	60	4		PHRE 3008	Health Promotion	60	4
PHRE 3035	Fitness Evaluation and Prescription	60	3	DELETE COURSE				
PHRE 3036	Group Exercise 1	14	0.5	NEW COURSE CODE	PHRE 3042	Group Exercise	30	1
PHRE 3037	Professional Practice 1	45	2.5	NEW COURSE CODE	EDUC 3016	Professional Practice	30	2
METH-3027	Research Principles	45	3		METH-3027	Research Principles	45	3
				NEW COURSE	PHRE 3043	Functional Movement & Conditioning	60	3
				NEW COURSE	PHRE 3044	Exercise Prescription for Special Populations	60	3
				NEW COURSE	FLDP 3032	Personal Training & Field Practice	60	2.2
TOTAL		329	20		TOTAL		390	21.2

61

- 60

- 60

+ 16

- 15

+ 60

+ 60

+ 60

+ 76  
15  
61

Course Code	Existing DA Courses	Total Hours	Total Credits	Describe proposed changes	Course Code	Proposed DA Courses	Total Hours	Total Credits
Level 4								
PHRE 3017	Physiology of Exercise	45	3	DELETE COURSE			-45	
FLDP 3018	Field Placment	140	3.6		FLDP 3018	Field Placment	140	3.6
PHRE 3019	Personal Training Course	45	3	DELETE COURSE				
PHRE 5001	Group Exercise 2	28	2	DELETE COURSE				
PHRE 5002	Professional Practice 2	15	1	DELETE COURSE				
PHRE 3038	Functional Training & Athletic Injuries	60	3	NEW COURSE CODE	PHRE 3045	Sports Injuries	60	3
MGMT 1240	Small Business Ownership	60	4		MGMT-1240	Small Business Ownership	60	4
NUTR 3003	Current Issues in Nutrition	45	3	DELETE COURSE				
				NEW COURSE	MKTG 1096	Marketing & Sales for Fitness Professionals	30	2
				NEW COURSE	PHRE 5003	High Performance Training for Sport	60	3
	TOTAL	438	22.6			TOTAL	350	15.6
	TOTAL HOURS	1487	88.1			TOTAL HOURS	1425	81.2

-45

-45 ✓

-28

-15

-45 ✓

+30

+60

-43

45

88

350  
88  
438

APPENDIX A: PROPOSED DEGREE AUDIT CHANGES			FHP1					
Course Code	Existing DA Courses	Total Hours	Total Credits	Describe proposed changes	Course Code	Proposed DA Courses	Total Hours	Total Credits
<b>Level 1</b>								
WRIT-1048	Reason & Writing 1 for Health Sciences	45	3		WRIT 1048	Reason & Writing 1 for Health Sciences	45	3
HOTL-1003	Customer Service	30	2		HOTL-1003	Customer Service	30	2
ANAT-1008	Anatomy & Physiology - an Introduction	45	3	NEW COURSE CODE	ANAT 1035	Anatomy ✓	75	4
PHRE-1028	Professional Presentations & Data Mgmt	45	3	Course changed moved to level 4		✓		
NUTR-1016	Essentials in Human Nutrition	45	3		NUTR 1016	Essentials in Human Nutrition (Gen Ed)	45	3
PHRE-1032	Principles of Fitness	60	3.5	NEW COURSE CODE	PHRE 1041	Principles of Fitness ✓	70	3.9
PHRE-1031	Administration of Physical Recreation	45	2.5		PHRE 1031	Administration of Physical Recreation	45	2.5
PHRE-1029	Careers in Fitness & Health Promotion	30	2	DELETE COURSE		✓		
				NEW COURSE	EDUC 1097	Student Success ✓	15	1
				NEW OFFERING	GEN ED	take 1 Gen Ed elective ✓	45	3
TOTAL		345	22		TOTAL		370	22.4



Course Code	Existing DA Courses	Total Hours	Total Credits	Describe proposed changes	Course Code	Proposed DA Courses	Total Hours	Total Credits
Level 2								
COMM 3067	Professional Communications	45	3		COMM 3067	Professional Communications	45	3
GEN ED	take 1 Gen Ed elective	45	3	MOVED TO LEVEL 1		✓		
ANAT 1014	Mechanics of Exercise	45	3	DELETE COURSE		✓		
BSCI-1084	Human Relations & Self-Development	45	3	NEW COURSE CODE	EDUC 1098	✓ Leadership in the Workplace	45	3
PHRE-3026	Resistance Training	60	3.5	NEW COURSE CODE	PHRE 3040	✓ Resistance Training	60	3
PHRE-1009	Principles of Wellness	60	4	NEW COURSE CODE	HLTH 1248	✓ Health & Behaviour Change	45	3
PHRE-1033	Fitness Evaluation	75	4		PHRE-1033	Fitness Evaluation	75	4
				NEW COURSE	PHRE 1042	✓ Physiology of Exercise	45	3
TOTAL		375	23.5		TOTAL		315	19



Course Code	Existing DA Courses	Total Hours	Total Credits	Describe proposed changes	Course Code	Proposed DA Courses	Total Hours	Total Credits
<b>Level 3</b>								
PHRE 3001	Physiology of Exercise	45	3		PHRE 3001	✓ Physiology of Exercise ✓	45	3
PHRE 3034	Programming for Diverse Populations	60	4	DELETE COURSE		✓		
PHRE 3008	Health Promotion	60	4		PHRE 3008	Health Promotion	60	4
PHRE 3035	Fitness Evaluation and Prescription	60	3	DELETE COURSE		✓		
PHRE 3036	Group Exercise 1	14	0.5	NEW COURSE CODE	PHRE 3042	Group Exercise ✓	30	1
PHRE 3037	Professional Practice 1	45	2.5	NEW COURSE CODE	EDUC 3016	Professional Practice ✓	30	2
METH-3027	Research Principles	45	3		METH-3027	Research Principles ✓	45	3
				NEW COURSE	PHRE 3043	Functional Movement & Conditioning ✓	60	3
				NEW COURSE	PHRE 3044	Exercise Prescription for Special Populations ✓	60	3
				NEW COURSE	FLDP 3032	Personal Training & Field Practice ✓	60	2.2
TOTAL		329	20		TOTAL		390	21.2

TJ2

[illegible]



PROGRAM MAPPING (Fitness and Health Promotion)																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
Appendix B: Program Mapping for CAE - Degree Audit Submission												LEVEL ONE																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
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NB - Only indicate the outcomes that are Taught & Evaluated (TE or TRE) in a course

PROGRAM COORDINATOR: Lyndsay Fitzgeorge

ACADEMIC CHAIR: Christine Griffith

Date Completed: November 25th 2016

Analysis of Mapping Results:

PROGRAM MAPPING (Fitness and Health Promotion)																			
PROGRAM VOCATIONAL LEARNING OUTCOMES													LEVEL FOUR						
	<del>PHRE-3004 Physiology of Exercise</del>	<del>PHRE-3034 Programming for Diverse Populations</del>	PHRE-3008 Health Promotion	<del>PHRE-3035 Fitness Evaluation and Prescription</del>	<del>PHRE-3036 Group Exercise 1</del>	METH-3027 Research Principles	<del>PHRE-3037 Professional Practice 1</del>	PHRE-3042 Group Exercise	EDUC-3016 Professional Practice	PHRE-3043 Functional Movement and Conditioning	FLDP-Personal Training and Field Practice	PHRE3044 Exercise Prescription for Special Populations	MGMT-1240 Small Business Ownership	<del>PHRE-3008 Functional Training &amp; Athletic Injuries</del>	<del>PHRE-3037 Physiology of Exercise</del>	PHRE-3018 Field Placement	<del>PHRE-3040 Personal Training Course</del>	<del>NUTR-9003 Current Issues in Nutrition</del>	<del>PHRE-5001 Group Exercise 2</del>
<b>1 - Introductory</b>																			
<b>2 - Intermediate</b>																			
<b>3 - Advanced</b>																			
The graduate has reliably demonstrated the ability to: (Source: MTCU Code: 52209)																			
1. conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.										3	3	3							
2. prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.								2		3	3	3							
3. utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.			2					1	1	2	3	3	1						
4. collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and wellbeing.			3							3	3	3							
5. develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients* and maximize the benefits of health, fitness, and well-being.			3			3		2			2		1						
6. train individuals and instruct groups in exercise and physical activities.								3		3	3	3							
7. contribute to community health promotion strategies.			3			2					1	2							
8. assist in the development of business plans for health and fitness programs, activities, and facilities.			2			3			2				3						
9. implement strategies and plans for ongoing personal and professional growth and development.									3		3		3			3			
10. develop and implement risk management strategies for health and fitness programs, activities, and facilities.			3					2	3	2	3	3	3						
11. interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities.			3			3		2	3	2	3	2	3			3			
TOTAL # OF OUTCOMES EVALUATED BY EACH COURSE	0	0	7	0	0	4	0	6	5	7	10	8	6	0	0	2	0	0	0
V = Vocational Courses E = Essential Employability Skills Courses																			
GM = General Education (mandatory) G = General Education (elective)																			

NB - Only indicate the outcomes that are Taught & Evaluated (TE or TRE) in a course

PROGRAM COORDINATOR: Lyndsay Fitzgeorge

ACADEMIC CHAIR: Christine Griffith

Date Completed: Nov. 25th 2016

Analysis of Mapping Results:



PROGRAM MAPPING (Fitness and Health Promotion)															
				LEVEL ONE							LEVEL TWO				
				WRIT-1048 Reason & Writing 1 for Health Sciences	NUTR-1016 Essentials in Human Nutrition	PHRE-1031 Administration of Physical Recreation	HOTL-1003 Guest Relations	ANAT-1035 Anatomy	PHRE-1041 Principles of Fitness	EDUC-1091 Student Success	PHRE-3026 Resistance Training	PHRE-1033 Fitness Evaluation	COMM-3067 Professional Communications	EDUC-1098 Leadership	
PROGRAM ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES															
4 = R      5 = RE      6 = TE      7 = TRE															
T = Taught      R = Reinforced      E = Evaluated															
The graduate has reliably demonstrated the ability to: (Source: MTCU Code: 52209)															
1. communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.				5	5	7		7	7		5	5	7		
2. respond to written, spoken, or visual messages in a manner that ensures effective communication.				4	4	7		4	7		5	5	7		
3. execute mathematical operations accurately.				7	7			6				7			
4. apply a systematic approach to solve problems.				4	5	7			7		7	7	4		
5. use a variety of thinking skills to anticipate and solve problems.				4	5	7	4		7			7	4		
6. locate, select, organize, and document information using appropriate technology and information systems.				5	4	5	4	7	7				7		
7. analyze, evaluate, and apply relevant information from a variety of sources.				7	7	7	4	7			4	7	7		
8. show respect for the diverse opinions, values, belief systems, and contributions of others.				4	4	7		4	7				4		
9. interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.				5	7	7	4	4	7		4	4	4		
10. manage the use of time and other resources to complete projects.				4	7	5	4	4	7		4	4	4		
11. take responsibility for one's own actions, decisions, and consequences.				4	4	4	4	4	7		4	4	4		
TOTAL # OF OUTCOMES SUPPORTED BY EACH COURSE				0	11	11	10	6	9	9		7	9	10	

PROGRAM COORDINATOR: Lyndsay Fitzgeorge

ACADEMIC CHAIR: Christine Griffith

Date Completed: Nov. 25th 2016

PROGRAM MAPPING (Fitness and Health Promotion)											
LEVEL THREE								LEVEL FOUR			
PROGRAM ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES											
4 = R      5 = RE      6 = TE      7 = TRE											
T = Taught      R = Reinforced      E = Evaluated											
The graduate has reliably demonstrated the ability to: (Source: MTCU Code : 52209)											
	PHRE-3008 Health Promotion	METH-3027 Research Principles	PHRE-3042 Group Exercise	EDUC-3016 Professional Practice	PHRE-3043 Functional Movement and Conditioning	FLDP-Personal Training and Field Practice	PHRE3044 Exercise Prescription for Special Populations	MGMT-1240 Small Business Ownership	PHRE-3018 Field Placement	PHRE-3045 Sports Injuries	MKTG-1096 Marketing and Sales
1. communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.	5	7	5	5	7	5	5	7	5	5	7
2. respond to written, spoken, or visual messages in a manner that ensures effective communication.	5	7	5	5	7	5	5	4	5	5	7
3. execute mathematical operations accurately.		7			6			7			
4. apply a systematic approach to solve problems.	7	7		4	7	5	5	7	5	7	7
5. use a variety of thinking skills to anticipate and solve problems.	7	7	5	4	5	5	7	4	5	7	7
6. locate, select, organize, and document information using appropriate technology and information systems.	4	7	5	5	5	5	7	4	5	4	7
7. analyze, evaluate, and apply relevant information from a variety of sources.	7	7		5	7	5	7	7	5	5	7
8. show respect for the diverse opinions, values, belief systems, and contributions of others.	4	4		4		5	7	4	5		4
9. interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.	7	4	7	5	4	5	7	5	5	5	7
10. manage the use of time and other resources to complete projects.	5	4	4	4	4	5	4	4	5	4	7
11. take responsibility for one's own actions, decisions, and consequences.	4	4	4	4	4	5	4	4	5	4	7
<b>TOTAL # OF OUTCOMES SUPPORTED BY EACH COURSE</b>	<b>10</b>	<b>11</b>	<b>7</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>11</b>

PROGRAM COORDINATOR: Lyndsay Fitzgeorge

ACADEMIC CHAIR: Christine Griffith

Date Completed: Nov. 25th 2016

# Degree Audit Report

Catalog: 2017/2018

Program: FHP1

Name: Fitness and Health Promotion

Department: HLT - Health Sciences

Academic Level: PS

CCD: 8 - 4AcadSem/1200-1400hrs

Credential: Ontario College Diploma

Grade Scheme: LG2

Major: FHP1 - Fitness and Health Promotion

Div: HLT - School of Health Sciences

Co-Op Indicator: N/A

## Academic Program Requirement

Total Credits: 87.10

Residency Reqmt: 22.00

GPA Requirement: 2.000

Residency Reqmt GPA: 2.000

Minimum Grade: C

## Academic Requirement: FHP1.17 Fitness and Health Promotion

Major: FHP1

Grade Scheme: LG2

Minimum GPA: 2.000

Minimum Grade:

## Subrequirement: Level 1

Take all of the following Mandatory Courses:

*ADD: GEN ED REQUIREMENT TO LEVEL 1*

			Total Hours	Total Credits	GE
<i>REV.</i>	<i>ANAT 1035</i>	WRIT-1048 Reason & Writing 1 for Health Sciences	45.00	3.00	
		ANAT-1008 Anatomy & Physiology - an Introduction	45.00	3.00	<i>75.00 4.00</i>
	<i>DEL</i>	<del>PHRE-1028 Professional Presentations &amp; Data Mgmt</del>	<del>45.00</del>	<del>3.00</del>	
<i>REV.</i>	<i>PNRE 1041</i>	NUTR-1016 Essentials in Human Nutrition	45.00	3.00	<i>**</i>
		<del>PHRE-1032 Principles of Fitness</del>	<del>60.00</del>	<del>3.50</del>	<i>70.00 3.9</i>
<i>DEL.</i>		PHRE-1031 Administration of Physical Recreation	45.00	2.50	
		<del>PHRE-1029 Careers in Fitness &amp; Health Promotion</del>	<del>30.00</del>	<del>2.00</del>	
<i>ADD.</i>		HOTL-1003 Guest Relations	30.00	2.00	
		<i>EDUC 1097 STUDENT SUCCESS</i>	<i>15.00</i>	<i>1.00</i>	

## Subrequirement: Level 2

Gen Ed - Take a 3 credit General Education elective course ✓

Take all of the following Mandatory Courses:

*move to Level 1*

			Total Hours	Total Credits	GE
<i>REV</i>	<i>EDUC 1098</i>	<del>ANAT-1014</del> <i>DEL</i> Mechanics of Exercise	<del>45.00</del>	<del>3.00</del>	
		<del>BSCI-1084</del> <i>LEADERSHIP IN THE WORKPLACE</i> Human Relations & Self-Development	<del>45.00</del>	<del>3.00</del>	
<i>REV.</i>	<i>PNRE 3040</i>	<del>PHRE-3026</del> Resistance Training	<del>60.00</del>	<del>3.50</del>	
	<i>NUTH 1048</i>	<del>PHRE-1009</del> <i>CHG.</i> <i>HEALTH BEHAVIOUR &amp; CHG.</i> Principles of Wellness	<del>60.00</del>	<del>4.00</del>	<i>45. 3</i>
		PHRE-1033 Fitness Evaluation	75.00	4.00	
<i>ADD →</i>		COMM-3067 Professional Communications	45.00	3.00	
		<i>PNRE 1042</i> <i>PHYSIOLOGY OF EX.</i>	<i>45. 3</i>		

## Subrequirement: Level 3

Take all of the following Mandatory Courses:

			Total Hours	Total Credits	GE
	<i>EDUC 3016</i>	<del>PHRE-3037</del> Professional Practice	<del>45.00</del>	<del>2.50</del>	<i>30 2</i>
		PHRE-3001 Physiology of Exercise	45.00	3.00	
<i>DEL.</i>		<del>PHRE-3034</del> Programming for Diverse Populations	<del>60.00</del>	<del>4.00</del>	

# Degree Audit Report

REV.	PHRE	PHRE-3008	Health Promotion	60.00	4.00	
	30414	PHRE-3035	EX. DRES. FOR SPECIAL POPS	60.00	3.00	
REV	PHRE	PHRE-3036	Fitness Evaluation & Prescription	14.00	0.50	30.00 1.00
	3042	METH-3027	Group Exercise 1	45.00	3.00	**
ADD		PHRE 3043	Research Principles	60.00	3.00	
ADD		FLDP 3032	FUNCTIONAL MOVEMENT	60.00	2.2	
			PERSONAL TRAINING			
			& FIELD PRAC.			

## Subrequirement: Level 4

Take all of the following Mandatory Courses:

ADD	MKTG 1090	MARKETING & SALES	Total Hours	Total Credits	GE
	MGMT-1240	Small Business Ownership	60.00	4.00	30.00 2.00
	<del>PHRE-3038</del>	<del>Functional Training &amp; Athletic Injuries</del>	<del>60.00</del>	<del>3.00</del>	<del>11.00 1.00</del>
	PHRE-3017	Physiology of Exercise	45.00	3.00	
	FLDP-3018	Field Placement	140.00	3.60	
	PHRE-3019	Personal Training Course	45.00	3.00	
	NUTR-3003	Current Issues in Nutrition	45.00	3.00	**
	PHRE-5001	Group Exercise 2	28.00	1.00	
ADD	PHRE-5002	Professional Practice 2	15.00	1.00	
ADD	PHRE 3045	SPORTS INJURIES	60.00	3.00	
	PHRE 5003	HIGH PERF TRAINING	60.00	3.00	

## Subrequirement: Gen Ed - Electives

Take 3 General Education Credits -

Normally taken in Level 2

## Subrequirement: Program Residency

Students Must Complete a Minimum of 22 credits in this program at Fanshawe College to meet the Program Residency requirement and graduate from this program

Approved By Chair/Manager:

Approved by Dean:

General Education Approved By(as appropriate):

Department and Date:

Date:

Date:

TG  
Jan 13/17



## Degree Audit Report

**Catalog:** 2016/2017

**Program:** FHP1

**Name:** Fitness and Health Promotion

**Department:** HLT - Health Sciences

**Academic Level:** PS

**CCD:** 8 - 4AcadSem/1200-1400hrs

**Credential:** Ontario College Diploma

**Grade Scheme:** LG2

**Major:** FHP1 - Fitness and Health Promotion

**Div:** HLT - School of Health Sciences

**Co-Op Indicator:** N/A

### Academic Program Requirement

**Total Credits:** 87.10

**Residency Reqmt:** 22.00

**GPA Requirement:** 2.000

**Residency Reqmt GPA:** 2.000

**Minimum Grade:** C

### Academic Requirement: FHP1.16 Fitness and Health Promotion

**Major:** FHP1

**Grade Scheme:** LG2

**Minimum GPA:** 2.000

**Minimum Grade:**

#### Subrequirement: Level 1

Take all of the following Mandatory Courses:

			Total Hours	Total Credits	GE	
	WRIT-1048	Reason & Writing 1 for Health Sciences	45.00	3.00		
<i>ANAT 1035</i>	<del>ANAT-1008</del>	Anatomy & Physiology - an Introduction	45.00	3.00	75	4
	<del>PHRE-1028</del>	Professional Presentations & Data Mgmt	45.00	3.00		
<i>PHRE 1041</i>	NUTR-1016	Essentials in Human Nutrition	45.00	3.00	**	
	<del>PHRE-1032</del>	Principles of Fitness	60.00	3.50	70	3.9
	PHRE-1031	Administration of Physical Recreation	45.00	2.50		
	<del>PHRE-1029</del>	Careers in Fitness & Health Promotion	30.00	2.00		
<i>PLS ADD →</i>	HOTL-1003	Guest Relations	30.00	2.00		
	<i>EDUC 1097</i>	<i>STUDENT SUCCESS</i>	15.00	1.00		

*F 16*

#### Subrequirement: Level 2

Gen Ed - Take a 3 credit General Education elective course

Take all of the following Mandatory Courses:

			Total Hours	Total Credits	GE	
<i>EDUC 1098</i>	ANAT-1014	Mechanics of Exercise	45.00	3.00		
<i>PHRE 3040</i>	<del>BSCI-1084</del>	<i>Leadership in the Workplace</i> Human Relations & Self-Development	45.00	3.00		
<i>HLTH 1048</i>	PHRE-3026	Resistance Training	60.00	3.50		
	PHRE-1009	<i>Health &amp; Behaviour Change</i> Principles of Wellness	60.00	4.00		
	PHRE-1033	Fitness Evaluation	75.00	4.00		
<i>PLS ADD →</i>	COMM-3067	Professional Communications	45.00	3.00		
	<i>PHRE 1042</i>	<i>Physiology of Exercise</i>	45	3		

*W 17*

#### Subrequirement: Level 3

Take all of the following Mandatory Courses:

			Total Hours	Total Credits	GE	
<i>EDUC 3016</i>	PHRE-3037	Professional Practice	45.00	2.50	30	2
	PHRE-3001	Physiology of Exercise	45.00	3.00		
<i>PLS ADD →</i>	<del>PHRE-3034</del>	Programming for Diverse Populations	60.00	4.00		
	<i>FLOP 3032</i>	<i>PERSONAL TRAINING</i>	60	3.00		

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# Degree Audit Report

PHRE 3043	FUNCTIONAL NUTRITION	60	3	
PHRE-3008	Health Promotion	60.00	4.00	
PHRE-3035 DEL	Fitness-Evaluation & Prescription	60.00	3.00	30
PHRE-3036 PHRE 3042	Group Exercise 1	14.00	0.50	
METH-3027	Research Principles	45.00	3.00	**
PHRE 3044	EX. PRESCRIPTION FOR SPECIAL POPULATIONS	6.0	3	

## Subrequirement: Level 4

Take all of the following Mandatory Courses:

		Total Hours	Total Credits	GE
MGMT-1240	Small Business Ownership	60.00	4.00	
PHRE-3038 PHRE 3045	SPORTS INJURIES Functional Training & Athletic Injuries	60.00	3.00	
PHRE-3017 DEL	Physiology of Exercise	45.00	3.00	
FLDP-3018	Field Placement	140.00	3.60	
PHRE-3019 DEL	Personal Training Course	45.00	3.00	
NUTR-3003 DEL	Current Issues in Nutrition	45.00	3.00	**
PHRE-5001 DEL	Group Exercise 2	28.00	1.00	
PHRE-5002 DEL	Professional Practice 2	15.00	1.00	
MKTG 1096	MARKETING & SALES	30	2	
PHRE 5003	HIGH PERF. TRAINING FOR SPORT	60	3	

## Subrequirement: Gen Ed - Electives

Take 3 General Education Credits -  
Normally taken in Level 2

## Subrequirement: Program Residency

Students Must Complete a Minimum of 22 credits in this  
program at Fanshawe College to meet the Program Residency  
requirement and graduate from this program

Approved By Chair/Manager:

Department and Date:

Approved by Dean:

Date:

General Education Approved By(as appropriate):

Date:

Change to  
level 3 & 4  
only  
TS.  
Jan 13/17.

## Lidzbarski, Christina

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**To:** Gedies, Tracy  
**Subject:** FW: FHP Consent Email

The following is the consent email sent by Lyndsay Fitzgeorge. Lyndsay met with the FHP students prior to sending out this email and the changes were met favorably. To date we haven't had a negative response.

---

**From:** Fitzgeorge, Lyndsay  
**Sent:** Tuesday, January 10, 2017 4:23 PM  
**To:** Lidzbarski, Christina <CLidzbarski@fanshawec.ca>  
**Subject:** RE: FHP Consent Email

Hello, group;

As we chatted about in class on Friday, we are proposing several curriculum changes for students in Levels 3 & 4 of the FHP program. These changes incorporate additional lab/practice time also the course hours between levels 3 & 4 are being altered so that we can balance the curriculum that is required each semester. To facilitate this we are proposing to remove a number of Level 4 courses but are incorporating the content with some courses in level 2 and some that are proposed for level 3.

According to college policy we would like a response from you within 48 hours of receipt of this email. Please let us know immediately if you agree with the fall 2017 and winter 2018 offerings.

Please do not hesitate to contact me with questions/concerns.

Thank you.

Sincerely,

Lyndsay

I received a very positive response in class when we chatted about the changes.  
Lynds

**Lyndsay Fitzgeorge, PhD**  
*Coordinator, Fitness and Health Promotion program*

**School of Health Sciences & Nursing**  
D-3018, 1001 Fanshawe College Boulevard  
London, ON N5Y 5R6  
Telephone: 519.452.4430 Ext. 4107  
Fax: 519.659.5781  
Email: [LFitzgeorge@FanshaweC.Ca](mailto:LFitzgeorge@FanshaweC.Ca)



## de Groot, Elizabeth

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**From:** Lidzbarski, Christina  
**Sent:** Wednesday, January 18, 2017 3:02 PM  
**To:** Gedies, Tracy  
**Subject:** Student responses to late DA changes for FHP  
**Attachments:** FHP1 DA change feedback.xlsx

Hi Tracy,

Attached is the feedback from FHP. Along with presenting the changes to her FHP 1.2 class, Lyndsay also emailed the students for consent and they were given 48 hours, as per college policy, to respond.

There are a total of 95 students taking FHP courses, out of those 95 students 2 are taking it on a part-time basis through GAS. Out of these students only 23 responses were received but students and all were favorable, the remainder didn't respond to Lyndsay's email.

I can come down tomorrow morning to attach to the FHP DA if this is sufficient information.

Thanks  
Tina.

---

**From:** Fitzgeorge, Lyndsay  
**Sent:** Wednesday, January 18, 2017 2:15 PM  
**To:** Lidzbarski, Christina <CLidzbarski@fanshawec.ca>  
**Subject:** RE: student responses to late DA changes for MSG

Hi Tina

Attached is our feedback. We tried to remember all of the questions that were asked to give them an idea of what the students were thinking. I didn't list all of the positive face-to-face feedback or any direct quotes. We remember there being more face-to-face but cannot remember exactly who said what. So we just left it with what we remembered.

Cheers,  
Lyndsay

**Lyndsay Fitzgeorge, PhD**  
*Coordinator, Fitness and Health Promotion program*

**School of Health Sciences & Nursing**  
D-3018, 1001 Fanshawe College Boulevard  
London, ON N5Y 5R6  
Telephone: 519.452.4430 Ext. 4107  
Fax: 519.659.5781  
Email: [LFitzgeorge@FanshaweC.Ca](mailto:LFitzgeorge@FanshaweC.Ca)





**Level 2 FHP1**

Last Name	First Name	Student #	Asked Question	Positive Response	Negative Response
Alexeeva	Galina	0662521		DNR	
Arnold	Isaac	0748009		DNR	
Atkinson	Chenelle	0774123		DNR	
Bankes	Emily	0636791		DNR	
Barton	Alisha	0665133		DNR	
Beattie-Granger	Samantha	0795813		DNR	
Begazo	Rafael	0201998	In Class	POSITIVE (in person)	
Biel	Naomi	0795864		DNR	
Blackett	Kiera	0807079		POSITIVE (via email)	
Blanchard	Courtney	0629625		DNR	
Brockington	Zechariah	0799608		DNR	
Brown	Brittney	0635795		DNR	
Byrne	Taelor	0786037		POSITIVE (via email)	
Camenzuli	Marcus	0812680		DNR	
Campbell	Kelsey	0789100		DNR	
Castro Camargo	Nicolas	0813905		POSITIVE (via email)	
Catto	Emma	0812048		DNR	
Chundu	Akshara	0800710		DNR	
Corless	Stephanie	0723819		DNR	
Courtney	Jordan	0783977		DNR	
Coutts	Megan	0789475		DNR	
Cox	Rebecca	0798040		DNR	
Davison	Alexander	0727757		DNR	
Diacio	Caterina	0784156		DNR	
Duguay	Alec	0793334		DNR	
El-Saleh	Malak	0709750		DNR	
Fletcher	Ben	0754903		DNR	
Fontaine	Joshua	0779838		POSITIVE (via email)	
Forsten	Trever	0792237		DNR	
Foster	Megan	0745856		POSITIVE (via email)	
Fraser	William	0785207		DNR	
Garcia Azuz	Jessica A	0801724		DNR	
Grasman	Tyler	0790583		DNR	
Hallam	Matthew	0795910		DNR	
Hammond	Emily	0784894		DNR	
Hooper	Tatyanna	0741275		DNR	
Huff	Kingson	0792494		DNR	
Hughes	Maxwell	0789298		POSITIVE (via email)	
Idris	Ibrahim	0708377		DNR	
Katigbak	Julia-Reina	0734650		DNR	
Kaur	Nirdosh	0807431		DNR	
Keast	Bayley	779709		POSITIVE (in person)	
Kozak	Charles	0797647		DNR	
Krajcer	Shantelle	0790311		DNR	
Lerner	Emily	0784056		DNR	
Linington	Amber	0767683		POSITIVE (via email)	
Lue	Isaac	0754313		DNR	
Macdougall	Daniel	0718402		POSITIVE (via email)	
Mack	Connor	0677966		DNR	
Maharajwala	Riddhi	0804451		DNR	
Masse	Dylenn	0793168		DNR	
Mathias	Alexander	0805048		DNR	
Mazza	Dominic	0779851		DNR	
McIntyre	Hailey	0762487		DNR	
Mondal	Priyanka	0809609		DNR	
Morales Acosta	Daniel	0807661		POSITIVE (via email)	

DNR = Did not respond

Nadeau	Natasha	0816550		POSITIVE (in person)	
Nakonecznyj	Katheryn	0805301		DNR	
Neary	Alyssa	0794391		DNR	
Nogueira	Jason	0760428		POSITIVE (via email)	
O'Brien	Meghan	0786184		DNR	
Olegario	Sean	0782535		DNR	
O'Neill	Meghan	0794954		DNR	
Osborne	Stephanie	0788435		DNR	
Osborne	Tatum	0797645		POSITIVE (via email)	
Panchal	Zaranaben	0806452		DNR	
Pasqual	Lilia	0710428		DNR	
Pfeffer	Dillon	0793022		DNR	
Quesada Araya	Jordi	0812109		DNR	
Radic	Adam	0754263		DNR	
Reddecopp	Sara	0803416	After Class	POSITIVE (via email)	
Roberts	Selena	0810728		DNR	
Russell	Lorna	0748924		POSITIVE (via email)	
Seguin	Natalie	0779792		DNR	
Shah	Priyal	0804154		POSITIVE (via email)	
Singh	Harpreet	0811685		DNR	
Small	Tanner	0785490	In Class	POSITIVE (in person)	
Stemmler	Devan	0785924		DNR	
Stevenson	Tanner	0785167		POSITIVE (via email)	
Trusty	Mitchell	0789077		POSITIVE (via email)	
Tymkin	Shelby	0796945		DNR	
Vakharia	Varshit	0806345		DNR	
Vialu	Jairus	0785211		DNR	
Vlahos	Cole	0792782		DNR	
Warda	Alexander	0809973		DNR	
Wassie	Mohammad	0581888		DNR	
Weisdorf	Zev	0786979		POSITIVE (via email)	
Whamond	Quinn	0810565		DNR	
Wood	Jacob	0782952		DNR	
Wright	Meghan	0765570	After Class	POSITIVE (via email)	
Wright	Nicole	0788267		DNR	
Xuereb	Bailey	0779497		DNR	
Young	Ashley	0803758	Via Email	DNR	

Responses from GAS students taking FHP1 courses					
Becker	Brianne	785620		POSITIVE (via email)	
Banques	Zack	616837	Via Email	DNR	

Questions asked:
With incorporating more hands-on experience, are we losing theory material that will be helpful in our career?
Will we lose after-hour practice time in the lab with more lab courses?
With less course hours in level 4, can we please have two days for placement (rather than one)?
Will these changes cost a lot more for us?
Can we still bridge to Guelph-Humber?
Do these changes impact part-time students?
Will these changes impact my gym membership?
How will these changes impact placement?
How many students can train clients in the lab at the same time?